

# Winter Lesson Schedule

Verdugo Aquatic Facility—3201 W Verdugo Ave - 818.238.5391

**Begin registration for fall classes on Friday, December 5th**

*Note: classes not meeting the minimum enrollment requirement will be cancelled. Classes cancelled due to unforeseen circumstances will be made up and the date will be announced in class. No class January 19 or February 16.*

## Parent and Child Level A

This class is designed to get young children introduced to an aquatic environment by emphasizing a fun experience in the water. In addition to introductory skills to improve comfort in the water and swimming readiness, safety skills and cues will also be covered. All children must have one-on-one adult supervision at all times. Swim diapers must be worn by children.



**Fee Weekday** : \$30 Residents, \$40 Non-Residents

**Session**: 8 half hour classes

**Fee Weekend** : \$15 Residents, \$25 Non-Residents

**Session**: 4 half hour classes

Time	Days	Dates	Time	Days	Dates
<i>Weekends</i>			<i>Weekends</i>		
9:00 a.m.—9:30 a.m.	Sat	1/10-1/31	9:00 a.m.—9:30 a.m.	Sat	3/7-3/28
10:30 a.m.—11:00 a.m.	Sat	1/10-1/31	10:30 a.m.—11:00 a.m.	Sat	3/7-3/28
1:30 p.m. — 2:00 p.m.	Sat	1/10-1/31	1:30 p.m. — 2:00 p.m.	Sat	3/7-3/28
9:00 a.m.—9:30 a.m.	Sat	2/7-2/28			
10:30 a.m.—11:00 a.m.	Sat	2/7-2/28			
1:30 p.m. — 2:00 p.m.	Sat	2/7-2/28			

## Learn to Swim Level 1

The Level 1 program is constructed to build introductory swim and water safety skills for participants while promoting comfort and enjoyment in the water. Students will learn to swim on their front and back, including floating, gliding, and combined arm and leg movement with forward progression at least 5 feet from the wall. The instructor will aid participants while working up to independence in skills. There is no skill prerequisite for this course.

**Fee Weekday** : \$30 Residents, \$40 Non-Residents

**Session**: 8 half hour classes

**Fee Weekend** : \$15 Residents, \$25 Non-Residents

**Session**: 4 half hour classes

**Ages 3-8 years old and 36 inches to the chin**

Time	Days	Dates	Time	Days	Dates
<i>Weekdays</i>			<i>Weekends</i>		
4:30 p.m.—5:00 p.m.	Mon/Wed	1/5-2/2	9:00 a.m.—9:30 a.m.	Sat	1/10-1/31
5:30 p.m.—6:00 p.m.	Mon/Wed	1/5-2/2	10:00 a.m. — 10:30 a.m.	Sat	1/10-1/31
4:30 p.m.—5:00 p.m.	Mon/Wed	2/18-3/16	12:30 p.m.—1:00 p.m.	Sat	1/10-1/31
5:30 p.m.—6:00 p.m.	Mon/Wed	2/18-3/16	1:30 p.m. — 2:00 p.m.	Sat	1/10-1/31
<i>Weekends</i>			<i>Weekends</i>		
9:00 a.m.—9:30 a.m.	Sat	2/7-2/28	9:00 a.m.—9:30 a.m.	Sat	3/7-3/28
10:00 a.m. — 10:30 a.m.	Sat	2/7-2/28	10:00 a.m. — 10:30 a.m.	Sat	3/7-3/28
12:30 p.m.—1:00 p.m.	Sat	2/7-2/28	12:30 p.m.—1:00 p.m.	Sat	3/7-3/28
1:30 p.m. — 2:00 p.m.	Sat	2/7-2/28	1:30 p.m. — 2:00 p.m.	Sat	3/7-3/28

## **Adult**

**Ages 13 years and up**

Time	Days	Dates			
<i>Weekdays</i>			<i>Weekends</i>		
6:30 p.m.—7:00 p.m.	Mon/Wed	1/5-2/2	9:30 a.m.—10:00 a.m.	Sat	1/10-1/31
6:30 p.m.—7:00 p.m.	Mon/Wed	2/18-3/16	9:30 a.m.—10:00 a.m.	Sat	2/7-2/28
			9:30 a.m.—10:00 a.m.	Sat	3/7-3/28

## Learn to Swim Level 2 —Proof of passing Level 1 or passing swim evaluation for level 2 required

The Level 2 program is constructed to give students success with fundamental swimming skills. Students will learn to swim on their front, back, and side using alternating and simultaneous arm and leg action with independent forward progression at least 15 feet from the wall. This course will prepare students for swimming 25 yards across the width of the pool, with the instructor providing aid until the student builds endurance for completing the skill independently.

**Fee:** \$30 Residents, \$40 Non-Residents

**Session:** 8 half hour classes

**Fee Weekend :** \$15 Residents, \$25 Non-Residents

**Session:** 4 half hour classes

**Sessions:** 8 half hour classes

### **Child Classes—Ages 4-10 years old**

Time	Days	Dates
<i>Weekdays</i>		
4:30 p.m.—5:00 p.m.	Mon/Wed	1/5-2/2
4:30 p.m.—5:00 p.m.	Mon/Wed	2/18-3/16

<i>Weekends</i>		
9:30 a.m.—10:00 a.m.	Sat	2/7-2/28
10:30 a.m. — 11:00 a.m.	Sat	2/7-2/28

<i>Weekends</i>		
9:30 a.m.—10:00 a.m.	Sat	1/10-1/31
10:30 a.m. — 11:00 a.m.	Sat	1/10-1/31

<i>Weekends</i>		
9:30 a.m.—10:00 a.m.	Sat	3/7-3/28
10:30 a.m. — 11:00 a.m.	Sat	3/7-3/28

## **Private Lessons**

Private lessons are geared for those beginner swimmers that need or want that one-on-one interaction with the instructor. The objective of this class is to help students feel comfortable in the water and enjoy the water safely. Students will learn to swim on their front and back, using any type of arm or leg action, and will gain ability for supported exploration at least 5 feet from the wall. Swim diapers must be worn by children who are not toilet trained. There is no skill prerequisite for this course.



**Fee:** \$75 Residents, \$85 Non-Residents

**Sessions:** 4 twenty minute lessons twice a week

### **Ages 1 year and older**

#### **Session Dates:**

Session	Days	Dates	Session	Days	Dates
Session 1	Weekdays	1/5-1/15	Session 1	Weekends	1/10-1/31
Session 2	Weekdays	1/20-2/2	Session 3	Weekends	2/7-2/28
Session 3	Weekdays	2/3-2/18	Session 4	Weekends	3/7-3/28
Session 4	Weekdays	3/2-3/12			

#### **Session Times:**

Time	Days	Sessions	Time	Days	Sessions
<i>Weekdays</i>			<i>Weekends</i>		
4:00 p.m.—4:20 p.m.	Mon/Wed	1 2 3 4	10:00 a.m.—10:20 a.m.	Sat	1 3 4
4:00 p.m.—4:20 p.m.	Mon/Wed	1 2 3 4	11:00 a.m.—11:20 a.m.	Sat	1 3 4
4:30 p.m.—4:50 p.m.	Mon/Wed	1 2 3 4	11:00 a.m.—11:20 a.m.	Sat	1 3 4
5:30 p.m.—5:50 p.m.	Mon/Wed	1 2 3 4	12:30 p.m.—12:50 p.m.	Sat	1 3 4
6:00 p.m.—6:20 p.m.	Mon/Wed	1 2 3 4	1:00 p.m.—1:20 p.m.	Sat	1 3 4
6:00 p.m.—6:20 p.m.	Mon/Wed	1 2 3 4			
4:00 p.m.—4:20 p.m.	Tue/Thu	1 2 3 4			
4:30 p.m.—4:50 p.m.	Tue/Thu	1 2 3 4			

# Aquatics Sports

## Introduction to Water Sports

This is a four week class that will introduce participants to swim team, water polo, and basic lifeguarding. Students will develop and refine skills crucial for success in each of these areas. The introductory course will focus mainly on building the endurance necessary for each of the sports.

**Fee Weekday :** \$30 Residents, \$40 Non-Residents

**Session:** 8 half hour classes

**Ages 6-15 and passed level 2 or equivalent assessment**

Time	Days	Dates	Time	Days	Dates
<a href="#">Weekdays</a>					
5:00 p.m.—5:30 p.m.	Mon/Wed	1/5-2/2			
5:00 p.m.—5:30 p.m.	Mon/Wed	2/18-3/16			

## Advanced Water Sports

This advanced level course will be taught in three two and a half day modules: Swim Team, Water Polo, and Lifeguarding. Students will build and refine skills necessary to train and compete in each of these areas. This is a perfect class for individuals with previous introductory/competitive experience who would like to continue training year around in a low key and flexible environment.

**Ages 6-18 and passed level 4 or equivalent assessment**



**Fee Weekday :** \$60 Residents, \$70 Non-Residents

**Session:** 8 hour classes

Time	Days	Dates
<a href="#">Weekdays</a>		
5:00 p.m.—6:00 p.m.	Mon/Wed	1/5-2/2
5:00 p.m.—6:00 p.m.	Mon/Wed	2/18-3/16

**Fee Weekend :** \$30 Residents, \$40 Non-Residents

**Session:** 4 hour classes

Time	Days	Dates
<a href="#">Weekends</a>		
9:30 a.m.—10:30 a.m.	Sat	1/10-1/31
9:30 a.m.—10:30 a.m.	Sat	2/7-2/28
9:30 a.m.—10:30 a.m.	Sat	3/7-3/28

## Aquatic Fitness

Enjoy a structured workout tailored to your skill, speed, and purpose. Coaches will design workouts that will push you to improve your endurance and stroke quality. Monday through Wednesday our adult workouts will be held in long course (50 meters long). Thursday and Saturday workouts will be short course (25 yards). The Youth workouts are intended to bridge the gap between our swim lesson program and a competitive swim team. It is required that participants be able to repetitively swim at least 50 yards at a time.

### Youth Conditioning

**Ages 6-13 and passed level 2 or equivalent assessment**

**Fee Weekend :** \$15 Residents, \$25 Non-Residents

**Session:** 4 half hour classes

Time	Days	Dates	Time	Days	Dates
1:00-1:30 p.m.	Sat	1/10-1/31	1:30-2:00 p.m.	Sat	1/10-1/31
1:00-1:30 p.m.	Sat	2/7-2/28	1:30-2:00 p.m.	Sat	2/7-2/28
1:00-1:30 p.m.	Sat	3/7-3/28	1:30-2:00 p.m.	Sat	3/7-3/28

### Adult Conditioning

**Ages 14 years and up**

**Fee Weekday :** \$60 Residents, \$70 Non-Residents

**Session:** 8 hour classes

Time	Days	Dates
<a href="#">Weekdays</a>		
5:30 a.m.—6:30 a.m.	Mon/Wed	1/5-2/2
5:30 a.m.—6:30 a.m.	Mon/Wed	2/18-3/16
7:00 p.m.—8:00 p.m.	Tue/Thu	1/6-1/29
7:00 p.m.—8:00 p.m.	Tue/Thu	2/17-3/12

**Fee Weekend :** \$30 Residents, \$40 Non-Residents

**Session:** 4 hour classes

Time	Days	Dates
<a href="#">Weekends</a>		
4:00 p.m.—5:00 p.m.	Sat	1/10-1/31
4:00 p.m.—5:00 p.m.	Sat	2/7-2/28
4:00 p.m.—5:00 p.m.	Sat	3/7-3/28